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Follow-up to the World Summit for Social Development and the twenty-fourth special session of the General Assembly: priority theme: Addressing inequalities and challenges to social inclusion through fiscal, wage and social protection policies

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The Secretary-General has received the following statement, which is being circulated in accordance with paragraphs 36 and 37 of Economic and Social Council resolution 1996/31.

* The present statement is issued without formal editing.

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Statement

BUILDING A SUSTAINABLE HEALTH CARE PROGRAM FOR THE ELDERLY: THE SENIOR CITIZENS IN OUR SOCIETY.

Old age is an important phase in life. There is currently a proportional increase in the number of aged people all over the world, which is linked with reference to retrogression. Most Developed countries have set the ages of 60 to 75 for retirement and in other developing countries, some of the aged are still trying to be on their feet without retirement.

Many Senior citizens in our society need care, attention, and support, mostly from their loved ones, to live healthy lives without stress, worries or anxiety. As old age sets in, the older person often faces additional needs and challenges connected to their advancement in life.

There are various medical issues associated with age. Some of the common known ailments are Arthritis, loss of memory and other health-related issues, which hamper or limit their activities to participate in active engagements.

Chronic disease, including conditions such as heart disease, stroke, cancer, diabetes, and arthritis are also among the most common health problems, whereby, some older persons experience limitations in activities due to such conditions. Therefore, senior citizens need proper medication to remain healthy with adequate medical care, doctor's visits, dental care, eye care, physical therapy, and psychiatric therapy when needed.

A healthy lifestyle can be promoted by various means, ranging from educational and counseling programs to financial incentives. Health promotion interventions can take different forms, from small projects to large national programs, which could be funded and organized by donations from individuals, NGOs, or by national governments.

There is a need to create awareness regarding changing behavioral patterns in older persons. Hence, there's a need for a sustainable program to address the health issues that affect the lives of senior citizens in our society, which could further culminate into major physiological and psychological problem.

However, building a sustainable healthcare program is pivotal to reduce the risk of chronic diseases among older people. Such programs can implement techniques and strategies to manage chronic health conditions and promote healthy behaviors to encourage a healthy lifestyle that facilitates the well-being of senior citizens in accordance with the Sustainable Development Goals.

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